



 **82%**
HEALTH SCORE

Brown Rice Pilaf with Pecans

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



353 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 leek light white green thinly sliced (and parts only)
- 8.8 ounce precooked whole-grain brown rice blend (such as Uncle Ben's)
- 2 teaspoons olive oil
- 3 tablespoons pecans toasted chopped
- 0.3 teaspoon salt
- 2 cups shiitake mushroom caps sliced
- 0.3 cup water

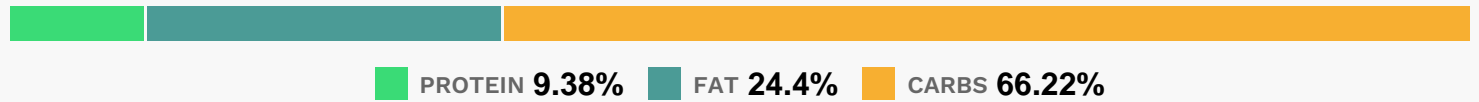
Equipment

- frying pan

Directions

- Heat whole-grain brown rice blend according to the package directions.
- Heat a large skillet over medium heat.
- Add olive oil to pan; swirl to coat.
- Add sliced leek and sliced shiitake mushroom caps, and saut for 4 minutes or until tender, stirring occasionally.
- Add water, scraping pan to loosen browned bits. Stir in cooked rice, chopped toasted pecans, salt, and freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:2.48, Inflammation Score:-7, Nutrition Score:21.073043501895%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 352.58kcal (17.63%), Fat: 9.85g (15.15%), Saturated Fat: 1.11g (6.96%), Carbohydrates: 60.13g (20.04%), Net Carbohydrates: 53.97g (19.62%), Sugar: 4.39g (4.87%), Cholesterol: 0mg (0%), Sodium: 165.13mg (7.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.52g (17.04%), Manganese: 3.06mg (152.76%), Vitamin B3: 7.73mg (38.67%), Phosphorus: 363.01mg (36.3%), Vitamin B6: 0.72mg (35.83%), Magnesium: 127.46mg (31.86%), Selenium: 21.55µg (30.78%), Vitamin B5: 2.72mg (27.24%), Fiber: 6.16g (24.64%), Copper: 0.45mg (22.7%), Vitamin

B1: 0.33mg (22%), Vitamin B2: 0.32mg (18.82%), Zinc: 2.79mg (18.62%), Potassium: 555.11mg (15.86%), Vitamin K: 13.31µg (12.68%), Iron: 2.06mg (11.45%), Folate: 43.08µg (10.77%), Vitamin E: 1.35mg (8.98%), Vitamin A: 375.79IU (7.52%), Calcium: 36.09mg (3.61%), Vitamin C: 2.75mg (3.34%), Vitamin D: 0.45µg (3.01%)